

## ABSTRACT OF THE DISCLOSURE

A resistance adjuster for adjusting a resistance-providing member on a stationary bicycle includes a tubular housing, an elastic buffering member disposed in the housing and having upper and lower ends, an upper  
5 connecting member connected to the upper end of the buffering member, a lower connecting member connected to the lower end of the buffering member, a first string connected to the lower connecting member, a  
10 second string connected to the upper connecting member and the resistance-providing member, and an operating member connected to the first string and operable to displace the buffering member, the upper and lower connecting members, and the first and second  
15 strings in the axial direction.